



WE-Fit Program Calendar March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:15 a.m. – noon Weight Watchers; City Hall	2	3
4	5	6 Noon – 1:30 p.m. RVA Financial Session; City Hall Noon – 12:45 p.m. Simplifying Life: Less Is More; DSS-Southside	7 5:30 p.m. Zumba; Richmond Police Academy	8 11:15 a.m. – noon Weight Watchers; City Hall	9	10
11	12 Noon – 12:45 p.m. Estate Planning; DSS-Marshall Plaza	13 4 – 7 p.m. More Than a Mammogram Party; Retreat Hospital	14 HCA BP SCREENINGS 8a.m. – 4 p.m., various locations 5:30 p.m. Zumba	15 11:15 a.m. – noon Weight Watchers; City Hall	16	17
18	19	20 Noon – 12:45 p.m. Colon Health; City Hall, 9 th floor	21 5:30- 7 p.m. Bon Secours Group Training Session 5:30 p.m. Zumba	22 11:15 a.m. – noon Weight Watchers; City Hall	23	24
25	26	27 American Diabetes Association "Diabetes Alert Day" – see newsletter for event day details	28 5:30 p.m. Zumba; Richmond Police Academy	29 11:15 a.m. – noon Weight Watchers; City Hall	30 HOLIDAY	31

WE ARE CONTINUING HEART MONTH...
COMPLETE THE "RETHINK YOUR DRINK"
CHALLENGE TO EARN A NICE PRIZE. CONTACT
DENISE HEER FOR A TRACKING SHEET